



DeKalb County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the DeKalb County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the DeKalb County School System that includes:

- School Health Advisory Committee
- Four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$44,250

Community partnerships have been formed to address school health issues. Current partners include:

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| ➤ Lions Club | ➤ Get Fit/Governor's Project Diabetes |
| ➤ EMS | ➤ Smithville Church of Christ |
| ➤ School Nurses | ➤ The Baptist Tabernacle |
| ➤ Community Advisory Board | ➤ Food Lion |
| ➤ County Health Council | ➤ Keltonberg United Methodist Church |
| ➤ Regional Lions Club | ➤ TTU Student nurse program- We have had two student nurses since August of this year |
| ➤ City of Smithville | ➤ Mike Herman- Therapeutic Interventions |
| ➤ Cover Kids | ➤ Wal-Mart |
| ➤ Dynamic Dietetics | ➤ County Sheriffs department |
| ➤ Tennessee Technological University-UpperCumberland | ➤ Dailey and Vincent Bluegrass band- Helping Hands Program for needy children in DeKalb |
| ➤ School nurses | ➤ 21 st Century Program Director |
| ➤ UT Extension | ➤ Art Revolution |
| ➤ Local newspapers (2) | ➤ United Way |
| ➤ Local radio station | ➤ Dr. Kevin Malone |
| ➤ Nutrition Supervisor | ➤ Second Harvest of Middle TN |
| ➤ Well Child Inc. | ➤ DeKalb County Special Education Department |
| ➤ Federal Programs Supervisor | ➤ CSH Coordinators & PE Dept |
| ➤ TENNderCARE | |
| ➤ Haven of Hope- a local counseling agency | |
| ➤ Local Emergency Planning Committee | |

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities such as (parent involvement committees, events such as Education Celebration, Back Pack program and Art Revolution). Currently 25 parents are collaborating with CSH;

Students have been engaged in CSH activities that include Art Revolution, Education Celebration, 1 mile runs, and a Back Pack program. Approximately 150 students are partnering with CSH to address school health issues.

School Health Interventions

Since CSH has been active in the DeKalb County School System the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,510 students screened and 1,019 referrals;

Students who have been seen by a school nurse and returned to class – 9,724 students were seen by a school nurse with 1,466 of those sent home;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Forty-four percent of students in the DeKalb County School System are overweight or obese;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include PE equipment and Welch Allyn Sure Sight Vision screening equipment;

Professional development has been provided to physical education teachers, nurses, and the nutrition supervisor. Examples include two day physical education inservice at TTU, Registered Dietitian services for helping nurses with carb counting and improving school menus. School faculty and staff have received support for their own well-being through staff health screenings, an on-site nurse at every school, and flu shots.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues. Monitoring and encouragement for the compliance of the 90 PA Law, offering better food choices via School Nutrition partnership, student health referrals and diabetes education

- Health Education Interventions – vision and hearing referrals with lists of resources, BMI letters with ideas/suggestions for improving BMI as well as a list of resources;
- Physical Education/Physical Activity Interventions – improve the safety of playgrounds and repairing equipment, constant monitoring of PA law through

teacher reports, CSH walk throughs at each school periodically as a means to monitor PE teachers;

- Nutrition Interventions – contracted Registered Dietitian services for improving school menus, providing parent/student/community education classes and faculty/staff healthy newsletters, offer salads at every school at least 3 to 4 times per week;
- Mental Health/Behavioral Health Interventions – memorandum of understandings established with five local agencies and strong partnership with the Community Advisory Board.

Through a successful Back Pack program and strong partnerships with community agencies, CSH had been able to feed needy children healthy food during each school holiday or break.

In such a short time, CSH in the DeKalb County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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